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ANNE HATHAWAY: PRACTICE MAKES PERFECT? {page 10}

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BOSTON
Wednesday, February 27, 2013

Feds sideline fleet of Fung Wah buses

- Department of Transportation orders more than two dozen buses to 'immediately cease passenger service' due to failed inspections
- Company has rented other buses to keep discount trips going {page 02}

TV. Boston's Finest

▶ Jenn Penton and Pat Rogers are among several members of the Boston Police Department who will be featured in TNT's docudrama 'Boston's Finest,' which debuts tonight at 9. {page 06}

ANTONIO BOLFO/TNT

local

City Councilor Connolly to run for mayor

- Menino still has not made intentions known {page 04}

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1

In the news

43

Transit Police said there have been 43 robberies on the MBTA system since Jan. 1. Of that, about 84 percent have involved the targeted theft of electronic devices, particularly smartphones. METRO

Today's local tweet

"I would take the #mbta #greenline over the #FungWah 10 times out of 10"

@CATTMOSTA, WHO WILL NOT HAVE THE CHANCE TO TAKE A FUNG WAH BUS IN THE NEAR FUTURE ANYWAY.

In the news

Police ID body found under I-93

BOSTON. The man found dead under an Interstate 93 ramp in Boston was identified by authorities yesterday. Authorities did not release the man's name but said he is a 43-year-old Roxbury resident. A passerby called 911 at about 8:30 a.m. on Monday to report the body in the area near Albany and Traveler streets. Police were investigating the death as a "possible homicide."

The cause and manner of death remain under investigation. Anyone with information can call 617-727-8817. METRO

Teachers among city's top earners

BOSTON. A pair of Boston Public School teachers were among the city's top three wage earners in 2012.

Teresa Underwood was paid $427,522 and Jonathan Bonds was paid $318,158, with most of the money coming from court cases against the school department, according to the Globe.

A BPS spokesman would only say the cases involved personnel matters.

School Superintendent Carol Johnson was paid $323,722. BOSTON.COM

Homeless man causes fire scare

BOSTON. A Boston man who police said reeked of alcohol was arrested for allegedly pulling the fire alarm inside an assisted living facility in the Fenway.

Officers responded to the Peterborough Street building just before 3 p.m. Sunday for a report of a fire alarm activation and an intruder. Witnesses told police that they found a homeless man inside a garbage room and he pushed their way past them before pulling the fire alarm.

Roy Tucker, 55, was charged with trespassing, pulling a fire alarm and disturbing the peace. METRO

DOT to Fung Wah: Cease bus service immediately

More than two dozen passenger buses sidelined due to failed inspections ◐ Feds to continue investigation

NICOLAUS CZARNECKI/METRO

▶ Representatives at the Fung Wah counter in South Station did not have many customers yesterday afternoon, even though the company is using rented buses to transport passengers to New York City.

The federal Department of Transportation has ordered the Fung Wah bus company to halt its fleet of passenger buses one day after state officials said they were requesting the feds to declare the company an "imminent hazard" over safety concerns.

The DOT's Federal Motor Carrier Safety Administration made the decision yesterday, an agency statement said.

The statement said that the agency has "ordered Fung Wah Bus Transportation, Inc., to immediately cease passenger service and provide its entire fleet of 28 motorcoaches for thorough and detailed safety inspections by qualified inspectors."

While the company cannot operate its own fleet of buses, the federal order allows Fung Wah to rent or lease vehicles if it chooses. It appeared that was the route chosen by the company, as multiple buses were leaving from its South Station gate yesterday afternoon.

28

The more than two dozens buses operated by Fung Wah were ordered off of the roadways yesterday by the federal DOT.

The federal agency said it is continuing an examination of the discount bus company's operations, including its vehicle safety records, driver safety performance and other records.

Additional actions against the company may be warranted, the agency said.

Ann Berwick, chair of the state Department of Public Utilities, said Monday that the agency's Transportation Oversight Division conducted random inspections earlier this month, and of nine Fung Wah buses examined, eight had cracks in their frames. Those buses were ordered off of the road.

State officials met with the bus company's owner, who agreed to take all buses manufactured before 2005 off of the road. As of Saturday, 21 of 28 buses were taken out of service.

Calls placed Monday to the bus company's Boston and New York City offices requesting comment were not returned.

Michael Naughton
michael.naughton@metro.us

From Twitter

The discount bus carrier has a history of issues and has for years been popular with college students traveling between Boston and New York City. Many of those memories and thoughts on the federal investigation were recounted on Twitter:

"I'm gonna miss seeing #FungWah busses in the breakdown lane on the #MassPike...occasionally on fire... #GoodRiddance"
@DAVIDGINSBURG

"Once I shared some vodka with an old Chinese man while he made mean faces at children. Never could've written that sentence without #fungwah"
@RICHKARSKI

"#FungWah There goes my $15 ride to NYC. Knew it was too good to last. I'm sure #Worldwide Bus will spike fares now"
@RYANPSTANDLEY

▶ The Fung Wah fleet was parked yesterday.

MIT hoax shooter tip identified specific person

The tip of an armed gunman on campus that led to a lockdown at the Massachusetts Institute of Technology last weekend identified a specific person as the alleged gunman and was reported by an Internet relay service, police said Tuesday.

Cambridge police said that the tip was sent to them Saturday morning through a Sprint Internet relay operator. Internet relay services are typically used by people with speech or hearing impairments to allow them to communicate with other people.

Police questioned the man and determined he had no knowledge of the incident and was not involved in making the report.

Once the person who made the false report can be located, Cambridge police said they will file charges. METRO/MN

Making a federal case out of it

Federal investigators from the FBI and U.S. Secret Service have joined in the search for the person.

Anyone with information on the case can call 617-349-3300.

Quoted

"A possible suspect was mentioned and police immediately identified and interviewed him."
CAMBRIDGE POLICE STATEMENT

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Councilor Connolly enters race for mayor

Surrounded by a couple dozen supporters at a Brighton intersection, at-large City Councilor John Connolly yesterday morning kicked off his campaign for mayor of Boston and took aim at the failures of the city's public schools.

Transforming the city's public schools will be the cornerstone of the 39-year-old West Roxbury resident's campaign, he said.

"I think it gets a failing grade," Connolly said about the city's school system.

While Connolly quickly praised incumbent Mayor Thomas Menino in his speech, calling him "a good man," he also talked about a need for a change in Boston's leadership and hinted at Menino's decades-long control of the city.

"This campaign is about Boston's future and the need for new ideas and new energy," Connolly said, later adding, "We are doing things the same way because that's how they've always been done."

While much of Connolly's speech focused on working for parents and improving the city's public schools, he told Metro that he will also work on retaining young talent and housing incentives for young people who are priced out of being Boston residents.

"We need to do a much better job keeping young talent in this city. Young talent flocks to our colleges and universities, but they're often forced to leave because they can't afford to stay," he said.

Connolly said retaining young talent will mean prioritizing housing incentives for "young artists and young entrepreneurs" and that's something he will work for.

"We're going to roll out big ideas on every issue," he said.

Menino to run?

It is still unclear whether Connolly will face Mayor Thomas Menino, who, at 70, is the longest-serving mayor in the city's history and has yet to announce if he will run for re-election this fall.

Dot Joyce, Menino's press secretary, offered no hint about a Menino decision and said she couldn't comment on politics.

Connolly said he called Menino on Tuesday morning before his event and left a message. Joyce said they eventually did speak.

"The mayor wished him well," Joyce said.

Hyde Park resident Will Dorcena has also said he intends to run for mayor.

Michael Naughton
michael.naughton@metro.us

College. Financial Aid

▶ Gov. Deval Patrick joined hundreds of college students from across the state yesterday for a rally at the State House.

NICOLAUS CZARNECKI/METRO

Students push for college affordability

Gov. Deval Patrick spoke to hundreds of college students yesterday at a Student Financial Aid Day event at the State House. The students fanned out across the State House to push legislators to support more state funding for financial aid programs. Patrick's fiscal year 2014 calls for renewed investment in education in order to create opportunity across the state. "Putting a college education in reach of all of our students grows jobs and unlocks economic opportunity," Patrick said. METRO

In the news

UBurger to hand out free fare today

UBurger is celebrating the opening of its new Faneuil Hall location today by giving away free UBurgers, fries and drinks.

The event will run from 4 to 7 p.m. at 16 North St. and will feature a one-of-a-kind, UBurger-inspired couture dress stylized by Lori Kyler Christensen, owner of Boston-based designer label Venni Caprice. METRO

Heroin seized during traffic stop

BROCKTON. A routine traffic stop Monday led to the arrest of a 26-year-old man who allegedly had heroin and cash hidden in a car.

Julio Monteiro of Brockton was arrested around 5:30 p.m. after a state trooper discovered 450 grams of heroin in a hidden compartment, and $4,500 in his jacket pocket, police said.

When police questioned him, Monteiro allegedly produced a Massachusetts driver's license and a registration but could not identify the owner of the vehicle. Police said he became "noticeably afraid" during questioning.

Monteiro was charged with trafficking heroin and several moving violations. METRO

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In the news

Police: Car driver responsible for Green Line crash

Transit Police said a Cambridge man is to blame for a crash Monday night in Brighton involving his car and a Green Line trolley.

Ridouane Amallah, 36, was cited for failing to yield to a Boston College-bound trolley as he crossed the tracks near the intersection of Commonwealth Avenue and Pleasant Street in Brighton around 8 p.m. He told police he was driving on the Green Line tracks when his car was struck by the outbound trolley.

His car's airbag system deployed, but Amallah told police that he was not hurt and declined medical treatment. The front side of his car was damaged, and the vehicle was towed from the scene.

"There is no traffic-control device at the intersection and trolleys have the right-of-way. There is a conspicuously posted sign that reads 'Yield to Trolley,'" Transit Police said.

The trolley driver was "shaken up," according to police, and was taken to Saint Elizabeth's Medical Center by Boston EMS. A trolley passenger complained of dizziness but was not transported. However, another passenger was taken to Saint Elizabeth's Medical Center after reporting a headache. There was no apparent damage to the trolley, police said, and service resumed shortly after the accident. METRO/MR

▶ The crash

@MUHREUHHH/TWITTER

'Boston's Finest' to showcase 'the heart and soul' of the BPD

There is a reason "Cops" is one of the longest-running television shows in the nation: People have insatiable appetites for foot chases, fence-hopping and shirtless bad guys in handcuffs.

But tonight, yet another Boston-based reality series promises to bring viewers more than the typical day of an on-duty police officer.

"Boston's Finest," a docudrama produced by Dorchester native Donnie Wahlberg, takes an "up-close and very personal" look at officers in one of the oldest police departments in the nation — the Boston Police Department.

The unscripted series follows officers, both on and off the job, a distinction that cast member Sgt. Robert Twitchell calls a "breakthrough."

Coincidentally, Twitchell was featured on "Cops" when he was a gang-unit patrolman in the 1990s.

"The difference is that the

DANNY CLINCH/TNT

▶ "Boston's Finest" cast members Pat Rogers, Tim Stanton and Jenn Penton are shown in the show's promotional materials.

Quoted: One of 'Boston's Finest'

"We get beat up by the media a lot, and I think they misconstrue us as well. So when [the camera crew] showed up, everyone had their guard up. We thought, 'Are they here to hurt us? Or make us look bad? ... They had to gain our trust."

SGT. ROBERT TWITCHELL, ON THE FIRST DAY OF FILMING

Want to watch?

▶ **The show** will debut at 9 p.m. tonight on TNT.

'Cops' crew never came home with us," Twitchell said."People never knew what we were like off the job. ['Boston's Finest'] shows that we are regular human beings. We have feelings and families, ups and downs."

By the third day of filming, Twitchell said he hardly noticed the cameras, but having a production crew tag along during potentially dangerous calls was daunting.

"In the back of your mind, you're thinking, 'I not only have to protect the victims and the community, but a camera crew as well.' It was just another element to consider," he said.

Morgan Rousseau
morgan.rousseau@metro.us

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2/16 Sunday River
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3/3 Sugarbush
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3/10 Killington
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Lead exposure can cause autism

Common metal also previously discovered to cause brain damage and a disposition toward violence

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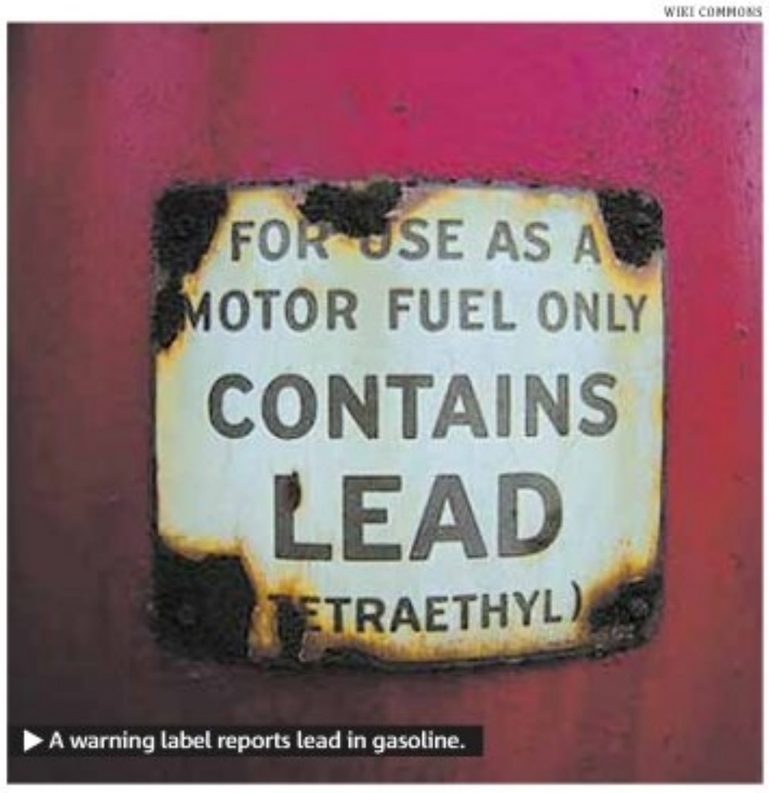

▶ A warning label reports lead in gasoline.

Autism symptoms correspond to the level of toxic metal in the blood, with exposure to lead particularly harmful, according to a U.S. study.

Autism sufferers carried 74 percent more lead in their systems than control subjects, and 115 percent more tin. Sufferers with more severe symptoms carried higher concentrations of metal, with researchers at Arizona State University finding that toxic metal was the "strongest factor" in determining severity.

"We knew that exposure to lead makes people lose IQ points, and clearly it can induce autism," lead researcher Professor James Adams said. "The study also showed that people with the highest levels are least able to excrete them."

Autism was previously thought to be largely a hereditary condition but environmental and chemical reasons are now being accepted. "Studies such as this improve our understanding," said Caroline Hattersley, head of information and advice at the UK-based National Autism Society, calling for "more research … across a greater geographical area."

It is the latest lead concern, after Metro reported research in January that revealed exposure could induce aggression, violence and brain damage. "Anything to do with the nervous system will be badly affected, we're only starting to see the full damage," Tulane University Professor Howard Mielke, who studied the toxin's effects in 14 countries, said. "There are huge repercussions for learning ability from just a small change in exposure."

Kieron Monks
METRO WORLD NEWS

Quoted

"We knew that exposure to lead makes people lose IQ points, and clearly it can induce autism." JAMES ADAMS

74%
Autism sufferers carried 74 percent more lead in their systems than control subjects, and 115 percent more tin.

Lead remains and so do poison claims

Lead remains widespread across the world, most commonly in soil and paint. But neither government nor the petrol companies that produced leaded gasoline have taken action to clear it, with fuel additive company Ethyl Corporation suing environmental groups that attempted to hold it responsible.

In civil courts, hundreds of millions of dollars have been recovered by the victims of lead poisoning, and is a rapidly growing area for compensation claims. The largest award to date is the $320 million paid out to victims of exposure at a St. Louis smelting plant in 2011. METRO WORLD NEWS

$320M
The largest award to date is the $320 million paid out to victims of exposure at a St. Louis smelting plant in 2011.

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In the news

GETTY IMAGES

▶ Smartphone

Pentagon plans to tap potential of mobile devices

WASHINGTON. The Pentagon unveiled a plan yesterday to ultimately enable the Defense Department's 600,000 users of smartphones, computer tablets and other mobile devices to rapidly share classified and protected data using the latest commercial technologies.

The system aims to quickly enable the latest technologies to be securely used by the military while remaining "device agnostic," said Major General Robert Wheeler, a Defense Department deputy chief information officer.

That sets the stage for an intensified struggle for Pentagon customers among BlackBerry devices, Apple's iPhones or iPads, and units using Google's Android platform.

The Defense Department currently has more than 600,000 mobile device users, including 470,000 with BlackBerries, 41,000 who have Apple operating systems and 8,700 who use Android devices. **REUTERS**

Yahoo memo sparks debate on working at home

LONDON. An internal memo at Yahoo Inc. introducing a ban on working from home has sparked a debate on whether remote working leads to greater productivity and job satisfaction or kills creativity and is just a chance to slack off.

Working remotely has become commonplace due to technology and has been welcomed particularly by people with young families or those facing long commutes.

Statistics from the Bureau of Labor show nearly 25 percent of full-time workers did some work at home in 2010. **REUTERS**

Obama: Washington stalemate over cuts puts jobs on the line

President Barack Obama traveled to the Navy's sole builder of aircraft carriers to drive home his argument that his political foes and their constituents will be among the hardest hit by spending cuts that start March 1.

Obama used the backdrop of the shipyard of Huntington Ingalls Industries Inc. in Newport News, Va., to emphasize the effect on defense industry jobs if $85 billion in automatic budget cuts for the remaining seven months of the fiscal year kick in as scheduled on March 1. With 21,000 workers, the facility is Virginia's biggest manufacturing employer.

"The impact of this policy won't be felt overnight, but it will be real," Obama said yesterday. "It's not just restricted to the defense industry."

House Speaker John Boehner staged a preemptive news conference in Washington earlier yesterday where the Ohio Republican accused Obama of using the military as a "prop" to promote tax increases. He said the House won't act until the Democratic majority in the Senate "gets off their ass" to pass a fiscal plan.

With three days to got before the spending reductions known as sequestration begin, there was no public sign that the White House and congressional Republicans are in negotiations on an alternative fiscal plan.

Half of the reductions will affect defense spending, the rest will be spread over other federal agencies. Obama wants to replace part of the cuts with higher tax revenue; Republicans oppose more taxes. **BLOOMBERG**

GETTY IMAGES

▶ President Obama looks at a piece of a submarine while touring Newport News Shipbuilding yesterday in Newport News, Virginia.

Economic impact

Unless there's a resolution in the coming weeks, the nonpartisan Congressional Budget Office estimates that budget reductions will cause a 0.6 percentage-point reduction in growth this year. Federal Reserve Chairman Ben S. Bernanke told the Senate Banking Committee today that "this additional near-term burden on the recovery is significant."

Quoted

"The impact of this policy won't be felt overnight, but it will be real."

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Life Sciences Research Associate, Alkermes, Inc.

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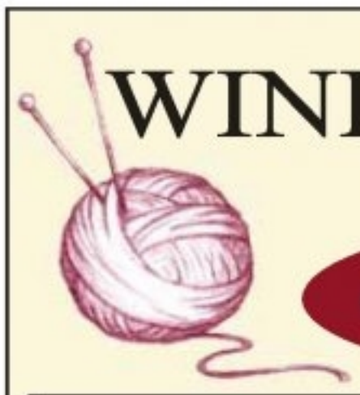

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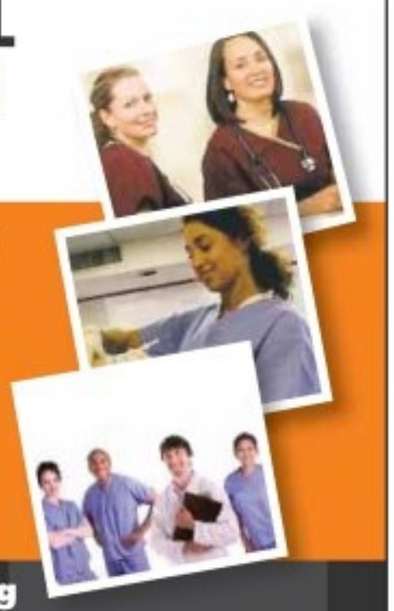

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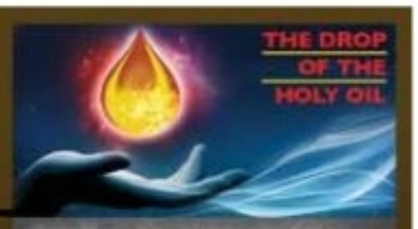

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2

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Hathaway knows you don't like her

▶ Hathaway practiced her acceptance speech to make sure she came off as likeable. Did it work?

Anne Hathaway rubs people the wrong way. What did she do? Smile too broadly? Want to win the Oscar a little too badly? Why does she, as a Facebook friend put it, come across as "New Jersey Drama Camp's answer to Tracy Flick"?

Whatever it is about the new Oscar winner, she knows she irks a lot of you. "It does get to me," she said of the snipes directed at her after winning the award Sunday. "But you have to remember that there's a positive to every negative and a negative to every positive." And a source tells Us Weekly that Hathaway was even looking to head off her critics before the big awards show by practicing her acceptance speech to make sure she came off as likeable as possible. "She was very aware that she had been the butt of everyone's jokes," a source says.

The practicing didn't help. When she breathlessly whispered, "It came true!" when she held her Oscar for the first time, social media erupted with simultaneous vomiting. The vitriol was so outstanding that **Lena Dunham** tweeted: "Ladies: Anne Hathaway is a feminist and she has amazing teeth. Let's save our bad attitudes for the ones who aren't advancing the cause."

Would we be so mean to her if she were a little chubby (a la **Adele**)? If she weren't white? If she actually did something that caused our nastiness, like killing a family of four in a DUI accident? Why can't we just let the beautiful nerd be?

Step away from the MacFarlane, Theron

Charlize Theron, I think I speak for women everywhere when I say, "Noooooooo! Do not date **Seth MacFarlane**!"

But it seems like she might, if E! News is to be believed. Apparently, at his private Oscars after-party, he performed a few numbers that he didn't get to do at the Oscars in front of family and friends, which included Theron.

"Charlize was very chatty with Seth and they shared a laugh in between his performances," a source says. "The party wasn't packed, but everyone seemed to be enjoying the singing and dancing." Theron reportedly stayed at the shindig for quite a while.

Theron

The feed ...

▶ *Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.*

Today, Seth MacFarlane is only listening to one Oscars review, Kirstie Alley is feeling her age, Jeff Ross thinks he's found a double-standard, and Lea Michele is doing a lot of acting.

@SethMacFarlane
My cat said the show went well.

@KirstieAlley
old women's hands look like they are wearing creepy skin gloves...I know this because they are on my hands

@realjeffreyross
How come @HuffingtonPost doesn't get excited when I show side boob? #sexist

@msleamichele
This scene I'm shooting at #Glee today requires lots and lots of crying.. At first it's therapeutic.. Then it just becomes exhausting! :(

Lea Michele

Talking points

Affleck shaves his beard

"Argo" director **Ben Affleck** marked his his Best Picture win by getting rid of the beard that has graced his face for the bulk of awards season, according to E! News. "He did it to mark the end of a chapter," a source says. "It had a ceremonial quality to it." Affleck has previously said in interviews that his young children were not fans of the facial hair, which he also sported while filming "Argo."

Jackson's son to be on '90210'

Prince Michael Jackson, the 16-year-old son of the late **Michael Jackson**, is wasting no time in getting into the the entertainment industry. The Hollywood Reporter has learned that Jackson will make his acting debut as a guest star on "90210," playing a trauma victim on the CW drama. And just last week Jackson began working with "Entertainment Tonight" as a special on-air correspondent.

▶ Prince Michael Jackson

Lohan is looking to change her ways

It may be a case of too little too late, but **Lindsay Lohan** is reportedly looking to change her ways — and her lawyer is asking for her current probation violation case to be delayed so that she can do just that, according to TMZ. Her new attorney, Mark Heller, has asked for a continuance, arguing that Lohan "is pursuing and participating in certain activities which will benefit her and afford her more of an opportunity to be a productive and responsible person and contributor to society," court documents reveal. The documents state that Lohan "has made a commitment to herself to elevate her life and participate in activities which will advance her desire to lead a model life."

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Metro's humpday gift to you

1. **Emma Roberts** shared a laugh with beau **Evan Peters** in Paris on Tuesday.
2. Also in Paris yesterday: New mom **Lily Allen**.
3. Fashion faceoff! A very dapper **Matthew Broderick** and **Sarah Jessica Parker** attended the 10th annual Love 'N' Courage Benefit For TNC's Emerging Playwrights Program at The National Arts Club on Monday in New York City.
4. **LL Cool J** took in the Los Angeles Kings game Monday in L.A.
5. **Alec Baldwin** or **Donald Trump**? It's the former, and he spoke at the New Yorker For New York Gala at NYC's Gotham Hall on Monday.
6. **Cher Lloyd** rocked some blue locks at the SiriusXM studios in NYC yesterday.

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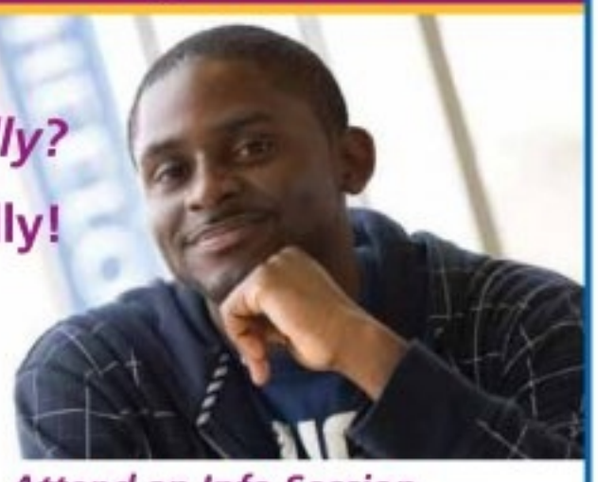

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TV watch list

'Hoarding: Buried Alive'

REALITY. We can't get enough of this voyeuristic reality show. Peer into the lives of real people whose homes are jam-packed with junk/metaphors for emotional emptiness. 9 p.m., TLC

'American Idol'

REALITY. It's exciting to know that one of these people really could be the next Ruben Studdard. Are these people part hydrogen and plasma? Because they're what stars are made of. 8 p.m., Fox

'Modern Family'

COMEDY. Elizabeth Banks returns as Mitch and Cam's train-wrecky best friend. Will they fit the bill as the best men in her impulsive, last-minute nuptials? 9 p.m., ABC

NATALIE SHURE

▶ Peek into the lives of hoarders with "Hoarding: Buried Alive."

'Pockets' full of greatness

▶ Lyric's new work is sprinkled with a little luck o' the Irish and a lot of talent ▶ The show's two actors bring a diverse array of characters to life

"Stones in His Pockets" is hardly your everyday, run-of-the-mill tale of haves and have-nots. The tragedy and sad resignation at the center of this story are cloaked in wry, witty, observational Irish humor.

Hollywood folks are the haves and the locals in a small village in County Kerry, Ireland, are the have-nots in this engaging yarn about the all-consuming nature of the moviemaking business. All of the characters (from farmers and drunkards to a director and leading lady) are played by two actors.

The Lyric Stage Company could not have made better choices for their heartwarming current production. Though Daniel Berger-Jones could easily get by on his matinee idol looks alone, there's a depth and thoughtfulness to his work that imbues each of his characters with authentic human flaws. Even Caroline Giovanni, the A-list Hollywood actress in the film who he portrays without a single prop, feels vulnerable, feminine and real.

Though Berger-Jones morphs effortlessly from big-shot director to down-on-his-luck townie, he is at his best as Charlie Conlon, the local guy with a script to sell. You can see the fear and desperate hope in his eyes as he takes his one shot at getting out.

Phil Tayler delivers an equally impressive turn in a multitude of roles that include Mickey Reardon, a bent-over relic with his own place in film history, and Jake Quinn, a sad young man who already aimed for the American dream but came up short.

With little more than physical gestures and verbal intonation, Tayler rapidly switches characters, genders and cultures with flawless, believable delivery.

MARK S. HOWARD

▶ Daniel Berger-Jones, left, and Phil Tayler get into the spirit in "Stones in His Pockets."

If you go

'Stones in His Pockets'
Through March 16
Lyric Stage
140 Clarendon St., Boston
$25 - $58, 617-585-5678
www.lyricstage.com

'Stones in His Pockets' plot

A big-time Hollywood production company descends upon a small Irish town to capture the magic of Ireland for their latest film. But, as in the movies, nothing is at it seems. The locals eagerly dream of stardom while earning 40 quid per day as the movie people grapple with less-than-idyllic circumstances in Ireland.

Nick Dussault
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Vital signs

These are a basic dashboard measure of how hard your body is working and include:

- **Temperature** (normal is 98.6˚)
- **Pulse** (60-100 per minute)
- **Blood pressure** (120/80)
- **Respiratory rate** (10-16 breaths per minute)
- **Oxygen saturation** (how much oxygen is dissolved in your blood, which should be 96-100 percent)

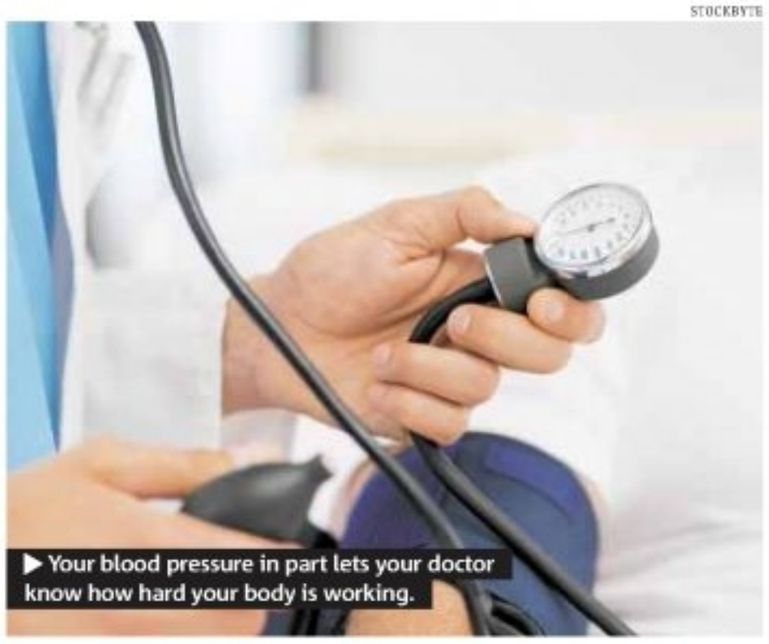
Fever, dehydration, anemia, or disturbances in your metabolism or the circulatory or respiratory systems can influence any or all of these parameters and give an indication of your overall well-being.

Blood chemistry

This is a combination of electrolytes (sodium, potassium, chloride, calcium, bicarbonate), blood sugar, liver enzymes and kidney function, all of which together are a general indication of overall internal organ functioning.

CBC (complete blood count)

This is a measure of the number and type of cells in the blood. Red blood cells carry oxygen and require sufficient dietary iron for normal levels. Too few red blood cells result in anemia, causing a lack of energy and fatigue, or in severe cases, headaches, fainting or breathlessness. White blood cells help to fight infection and if elevated indicate infection or inflammation somewhere in your body. Very high WBC levels can be an indication of leukemia, a form of blood cancer. Platelets are the components of your blood that initiate normal clotting and can result in bleeding if too low, or harmful blood clots if too high.



STOCKBYTE

▶ Your blood pressure in part lets your doctor know how hard your body is working.

Urine analysis

This office test looks for evidence of too much sugar, acid, protein and red or white blood cells in the urine. Abnormal findings may be a sign of diabetes, kidney stones and kidney inflammation or infection.

Thyroid hormones

The thyroid gland is the body's master thermostat and controls your overall rate of metabolism. Too much and you may be hot, experience heart palpitations and have a tremor. Too little and you may be sluggish, gain weight and feel cold.

Cholesterol

This is needed to build healthy cell membranes in every part of the body. Too much cholesterol causes premature hardening of the arteries, which can lead to cardiovascular disease or strokes. Too little and your body will fall apart, literally!

Chest X-ray

This can find abnormal nodules which may suggest cancer, an enlarged heart or evidence of infectious disease or inflammatory conditions.

EKG (electrocardiogram)

This looks at the electrical activity of the heart and can detect abnormalities in rhythm and heart size or show evidence of strain or injury as a warning sign or evidence of a heart attack.

Breast, rectal, testicular or pelvic exams

These exams, though briefly uncomfortable, are designed to find signs of cancer and may actually save your life if suspicious findings are discovered early, before you have other more obvious symptoms.

*— **Mark Melrose**, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him questions at **askdrmark@metro.us**.*

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mywellbeing

How to properly choose sneakers

If the shoe fits, buy it! But does it fit correctly? Knowing your feet is crucial to finding the right fit We asked a doctor to think on his feet and give us some shopping pointers

The head bone's connected to the neck bone, the neck bone's connected to the back bone, and so on and so on. This little ditty you sang as a kid carries an important message: Our body parts work in conjunction with one another, and nothing is isolated. What starts at our feet, therefore, can influence how the rest of our body behaves. That's why proper footwear is an important foundation for staying injury-free.

We enlisted Dr. Andrew Sands, the chief of foot and ankle surgery at New York Downtown Hospital, to give us some tips on choosing a good pair of kicks.

DIGITAL VISION

▶ Before you stare at a wall of shoes, visit an orthopedic surgeon to find out what type of foot you have.

What can wearing the wrong sneakers do to your health?

Sneakers have different areas of support for differently shaped feet. If someone does not know, for example, that they have a high arched foot, and [they buy] something that exaggerates that, it can lead to injuries such as stress fractures or ankle sprains.

If [your shoes have] cheap materials and poor construction — however fashionable they may be — and you walk all day on concrete, it can lead to pain, overload syndromes or stress fractures. I see many people with problems from wearing cheap sneakers. On a different subject, if someone has diabetes and develops foot insensitivity, cheap sneakers can lead to ulcers and other deformities.

Sneakers that are too small (short) cause bunions, stiff first toes and hammer toes.

What should you look for when buying sneakers?

It depends on the shape of your foot. And often salesmen don't know. A visit with a board-certified orthopedic surgeon who specializes in foot and ankle surgery will give you a lot of information that will guide you. Sometimes a visit to a certified pedorthist is needed to craft a special insert. Your orthopedic surgeon will give you a prescription should it be needed.

What is a more expensive pair of sneakers offering that a cheaper pair isn't?

[They] might be made in the USA, which is important for some. Also, the materials tend to be better — the shoes might be sewed instead of glued and there might be a removable insert. Avoid seam lines over bunions, as seam lines don't stretch. Some shoes are overkill for everyday walkers.

What questions should you ask a salesperson?

Ideally, you should know what you need and what you want before you go to the store. I always recommend a sneaker that has width sizing, like Brooks. A good salesperson will measure your feet with a BRANNOCK [shoe sizing] device. Manufacturers don't have a standard sizing criterion, especially women's shoes. Don't go by what you think is your number. Go by the proper fit: one finger space beyond the toe, and the width should be wider than your foot. Your foot shouldn't spill over the sides of your shoes.

The size you were in high school or college is not your current shoe size. Your feet change shape, especially after giving birth. The hormones that allow the baby to come out also allow your foot ligaments to spread and lengthen.

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Letters

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Coverage wasn't Oscar-worthy

RE: "'ARGO,' 'PI' TAKE OSCARS" (METRO, FEB. 25) I enjoyed reading your Oscars coverage, but would like to point out an error of yours. I'm an Oscar fan of 50 years! I know my stats. You stated that the last time there was an Oscar tie it was the Streisand/Hepburn Best Actress tie in 1968. That is incorrect. In 1995 there was a tie in the Short Film, Live Action category: "Franz Kafka's It's a Wonderful Life" tied with "Trevor." And the Streisand/Hepburn award was presented in 1969, not 1968.
MARTIN SILVERT, VIA E-MAIL

With all due respect for the the limited space you have, you couldn't fit in Jennifer Hudson? Seriously did you leave the room when this woman was singing and I mean SINGING! She belted it out solo, I enjoyed that whole segment loved seeing KZJ's reprise of "All that Jazz" But Jennifer didn't need a "cast of thousands" like the other two acts. She had the crowd on its feet. Not only did you not give her her props, you didn't even mention her name!
PATRICIA SMITH, VIA E-MAIL

French problems have many faces

RE: "PARIS ISN'T TINTED WITH ROSES — THAT'S JUST YOUR GLASSES" (METRO, FEB. 25) When I saw the article and recent letters, I sent copies to a French friend for his input as someone on the scene. This is his response: "As Frenchman living in France and getting poorer and poorer every day, I say don't you write about what you don't know about! You're not aware of what's going on in France today. When Mr. Holand got elected as president, the unemployment was 8 percent and now it's 11 percent and rising. Factories are closing all over the nation, wealthy people are moving out, VAT are going up and you are saying everything is going well in France? We are even sent a bill if we have an antenna on the roof to tax broadcast TV. Like yours, our government is borrowing money so the next generation will have to pay for today's spending!" **PHILIPPE BORDES, BELIN-BELIET FRANCE, VIA JP LAWRENCE**

Letter writer Ron Falcon is right to say that we have in France high taxes and high unemployment. But not all of our working class erupts in riot to protest against poor living conditions. Riots we see in poor neighborhoods of Paris are for the most part triggered by young people — and many are second-generation immigrants, who protest against a government they feel treat them with contempt. Often times, a riot erupts after a fatal altercation with police. In retaliation, we see them burning their own schools, torching their own neighborhood, perpetrating acts of violence and destruction that do not help them voice out their poor and ignored living conditions in a positive way, but rather reinforce the negative image they creating among the rest of the population.
CATHERINE DUNAND, VIA E-MAIL

Suspicion confirmed

RE: "'SNOW MONSTER' SORRY FOR VIDEO OF CARS BEING PLOWED AFTER FIRING" (METRO, FEB. 26) That was classic! Tuesday's article on Mark 'Dogg' Hussey confirms what many of us believe: That there is a city worker mentality that they can get away with behavior the rest of us would be fired for and, more importantly, that they do take satisfaction from plowing people in! I knew it! **BRIAN BECK, VIA E-MAIL**

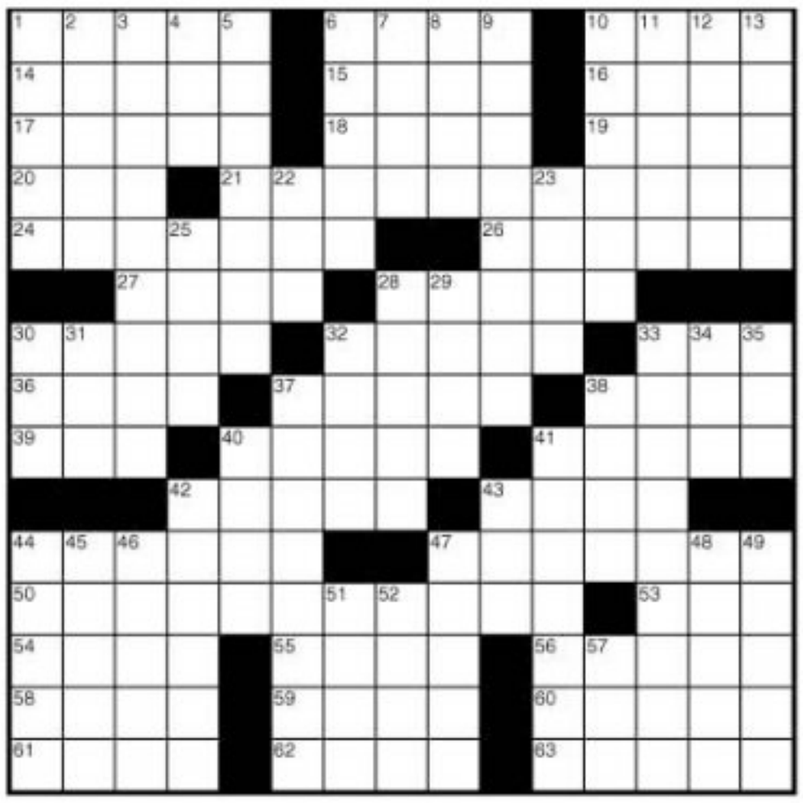
E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♓ Pisces **Feb. 20-March 20.** There are always those times when we turn out to be the victor with something in which we are vulnerable. If you happen to take a beating in the early rounds, keep this in mind.
♈ Aries **March 21-April 19.** Be as flexible as possible when trying to iron out the snags in an agreement. When you allow everything to be on the table during negotiations, the problems will dissolve.
♉ Taurus **April 20-May 20.** Stay out of office politics as much as possible. Chances are nothing will be resolved, but the brouhaha it stirs up could unsettle you and affect your job performance.
♊ Gemini **May 21-June 20.** Unless you match your activity with the clock, not everything you want to accomplish will get done. Don't spend too much time on unanticipated interruptions.
♋ Cancer **June 21-July 22.** Don't fight for what you want if you know that doing so will have detrimental side effects. What's good for you might not be equally rewarding for the others involved.
♌ Leo **July 23-Aug. 22.** Even though Lady Luck is willing to help you out, you might not notice her contribution until late in the game.
♍ Virgo **Aug. 23-Sept. 22.** When it comes to your financial affairs, be both careful and prudent by thinking first and acting second. If you reverse this order, you might not be able to clean up your mistakes.
♎ Libra **Sept. 23-Oct. 23.** In negotiating a matter of importance, don't be too hasty and accept what is first offered. If you aren't getting exactly what you want, you should be able to improve your position.
♏ Scorpio **Oct. 24-Nov. 22.** Something that you work really hard on might not turn out as well as you expected. Conversely, that to which you devote little effort could go over like gangbusters.
♐ Sagittarius **Nov. 23-Dec. 21.** Try to be tolerant and forgiving in involvements with both your family and friends. When you overlook their shortcomings, they, in turn, will overlook yours.
♑ Capricorn **Dec. 22-Jan. 19.** Although it might not be easy, a critical objective can be achieved. When Lady Luck sees that you are doing what you can, she will lend a hand.
♒ Aquarius **Jan. 20-Feb. 19.** You'll have good luck in fulfilling your expectations and hopes, but not necessarily in the way you expected. Unforeseen developments will cause you to scrap your original plans.
BERNICE BEDE OSOL

Across
1 Kind of wave
6 Exec. aide
10 Shellfish
14 Queen of the Misty Isles
15 Koh-i- — (famed diamond)
16 Bus route
17 Blends
18 Striped antelope
19 Put out heat
20 Caress
21 Sauce for asparagus
24 Girl of barbershop quartets
26 Nucleus
27 Casino city
28 Bends forward
30 Imitating
32 Tapered seams
33 "Maggie May" singer
36 Licks, say
37 Row of shrubs
38 German industrial region
39 Install tile
40 Brain parts
41 Ice skating event
42 Women with nieces
43 Pull down
44 Moonshot mission
47 Holds firm
50 Engine parts
53 Util. bill
54 Language of Pakistan
55 Mike problem
56 Wry humor
58 Swarm with
59 Distinct periods
60 Doggerel
61 Makes a faux pas
62 Business attire
63 First name in glue



Down
1 Busch Gardens city
2 Helen of Troy's story
3 Adroitness
4 Tucked away
5 Tongue- — (scolding)
6 Sprain locale
7 Kind of mate
8 Pop-top beverage
9 Shorten
10 Launders
11 Restriction
12 Biscotto flavor
13 Kind of maid
22 Mrs. Lennon
23 Caves, often
25 Spyglass part
28 Fills the hull
29 Joule fractions
30 Hole-making tool
31 Potpie veggie
32 Money owed
33 Flood cause
34 Galley mover
35 AMA members
37 Award getters
38 Graceful wrap
40 Humdinger
41 Lacking get-up-and-go
42 Scrapbooks
43 Always, to Byron
44 Urgent
45 Kitchen gadget
46 Peace and quiet
47 Hen's perch
48 Stressed out
49 More cunning
51 Pantyhose shade
52 Bangkok native
57 Family mem.

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	2		6		4			
		3	9			6		
2			5				1	4
5					8	9		

SUDOKU **LEVEL: EASY**

9	5		7			4		
	7	3		2				1
		6			1		7	
6		5		8	4			
				7				
			1	6		8		5
	6		2			3		
1				5		7	8	
		4			9		5	6

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Sports in brief

Damon wants another go-round in New York

With Curtis Granderson on the shelf until at least May, the Yankees are in need of outfield help. Johnny Damon is hoping to get a call.

"I don't think it will happen," Damon told the NY Post. "They've had plenty of opportunities since 2009 and it hasn't happened. But if they call, I'm ready to go." MATT BURKE

Pierce to play against lucky lotto winners

Celtics captain Paul Pierce will show six lucky fans what it's like to face "The Truth" when they get the chance to play him in a game of H-O-R-S-E as part of an instant ticket promotion. Those suiting up to play against No. 34 will be chosen randomly in a drawing March 14, after they sign up online at www.celtics.com/masslottery. SHNS

Potential Pats targets

New England with 29th overall pick 'Honey Badger' certainly a wild card, projected third-rounder at earliest Will Pats go heavy on defense?

The Patriots have locked up their franchise quarterback for the next five years, and now it's up to them to provide the talent around him to compete for a Super Bowl until the day he retires.

The easiest way to do that is to sign key free agents, something Tom Brady's restructured contract allows the Pats to do a little easier. But it's also important for the Patriots to balance out those proven veterans with young talent from the draft.

Here are three players whose NFL combine showing may interest the Patriots one way or another.

Tavon Austin, WR, West Virginia
The biggest offseason story thus far surrounding the Patriots has been whether or not the Patriots will re-sign Wes Welker. Brady's new deal makes that scenario more likely, but what if the two sides simply can't agree? Enter Tavon Austin. The 5-foot-9, 178-pound receiver is lightning fast – he ran a 4.34 40-yard dash at the combine – and looks to be capable of filling Welker's role (in time) at a fraction of the cost.

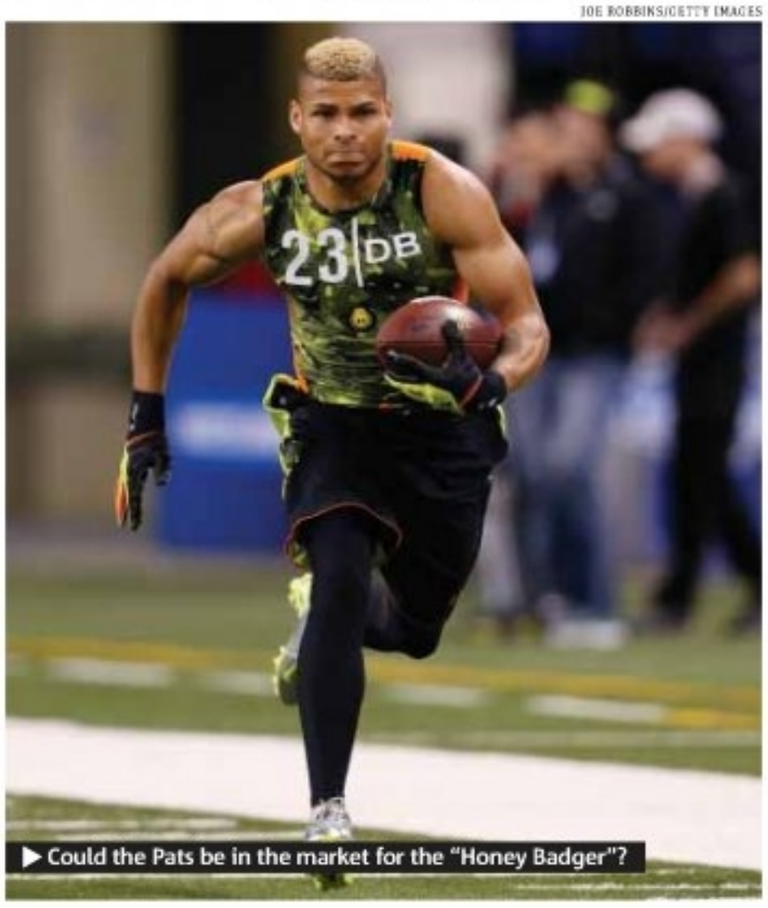
"Wes Welker, that's the No. 1 guy," Austin told reporters. "I see how Wes does it. I watch a lot of tape of him, and I think I move a little quicker and faster than Wes, so if he can do it, I know I can do it, too."

Tyrann Mathieu, CB, LSU
Previously known as the "Honey Badger," Tyrann Mathieu is one of this year's biggest draft mysteries. Kicked off the LSU team prior to last season for failing multiple drug tests administered by the university, and then arrested for misdemeanor marijuana possession on Oct. 25, 2012, Mathieu claims he's finally over the marijuana addiction.

He's been to rehab and has a sponsor, too. Can he be trusted, though? And at 5-foot-9, 186 pounds, is he big enough to be a cornerback in the NFL? We know Bill Belichick loves "football players" and "value," and isn't afraid to gamble on "character issues." We also know the Pats need help in the secondary. This could be a perfect match.

Johnathan Hankins, DT, Ohio State
Nobody is going to question whether Johnathan Hankins is big enough. The 6-foot-3, 320-pound nose tackle didn't drop any jaws (that we know of) in his combine workouts, but the Patriots could be starting to look around for Vince Wilfork's eventual replacement. Hankins is athletic for his size, and could be sitting there for New England near the end of the first round.

JOE ROBBINS/GETTY IMAGES



▶ Could the Pats be in the market for the "Honey Badger"?

Jimmy Toscano
sports@metro.us

Are you an adult (18 or older) who lives or Works in Boston?

ProTECT

Massachusetts General Hospital and Boston Medical Center invite you to **SHARE YOUR OPINIONS** about a future research study in our community that will involve Exception From Informed Consent (EFIC) rules.

The ProTECT ™ III study will treat people with Traumatic Brain Injuries within hours of the injury. The injury may have been caused by a fall, car or bike accident, or any situation where the head is hit hard.

What is EFIC? It is a special rule for conducting research studies in situations where the person may be too ill or unable to give their informed consent. In addition, there are other conditions that must be met: it must be a life threatening situation where there is no known effective medical treatment, and the treatment needs to be given quickly.

Your opinions and concerns about this research are important.

Find out more about this upcoming study at **www.protectiii.com** or **call 617-726-7622.**

Or, call us today to register for a focus group and join the discussion: **617-726-7622.** If you are eligible and choose to take part in a focus group, we will pay you for your time.

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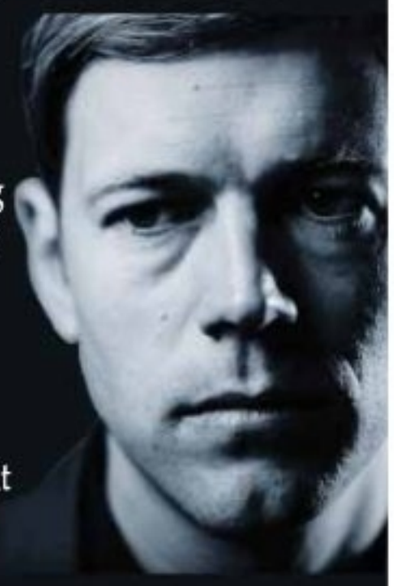


MGH (617)643-6204
mghocd.org/bddbp

In the news

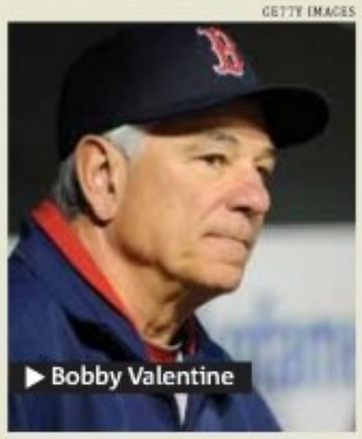
Valentine says he did 'helluva' job in Boston

Red Sox fans will likely disagree, but former manager Bobby Valentine believes he did a good job during his only season in Boston.

"It's six months of a 62-year life," Valentine said yesterday in Connecticut. "It's six months in a 42-year career in baseball. It's a blip, a little spot on the radar as far as I'm concerned, and I thought I did a helluva job in Boston. I thought what had to be done there had to be done, except for winning a pennant. But Connie Mack wouldn't have won with that team."

Valentine was responsible for managing the worst Red Sox team since 1965 and continuing the franchise's descent from the highs of winning the 2007 World Series, their second following an 86-year drought.

GETTY IMAGES



▶ Bobby Valentine

Nearly six months later, Valentine has a new job after being introduced yesterday as the new athletic director at Sacred Heart University, which currently competes in the Northeast Conference and has 31 teams.

Valentine wasn't talking controversies such as the one he created with Kevin Youkilis when he said on WHDH-TV's Sports Xtra last April: "I don't think he's as physically or emotionally into the game as he has been in the past for some reason."

Two months later Youkilis was traded to the White Sox and signed with the Yankees in December.

He also was not talking about some other controversies from his short stint as manager of the Red Sox.

"I don't look back," Valentine said. "I don't do that stuff. Maybe one bike ride and I said 'Oh, darn.' Maybe, I don't know. It wasn't my first rodeo. It wasn't the first time I was fired and it probably won't be the last time."

Larry Fleisher
sports@metro.us

Medical Research DIRECTORY

To place an ad call Yasmin Nasrullah at 617-338-7861 or email yasmin.nasrullah@metro.us or Michael Doane at 617-338-6731 or email michael.doane@metro.us

HAVE YOU OR SOMEONE YOU KNOW BEEN DIAGNOSED WITH
IRRITABLE BOWEL SYNDROME?

If so, there is now an opportunity to join a new research study. Are you eligible?

- **Between the ages 18-80 years old**
- **Have diarrhea predominant irritable bowel syndrome**

Abdominal Pain, Bloating, Diarrhea

Qualified participants will receive investigational medication or inactive placebo, study-related testing, physical exams, and lab work at no charge. Additionally, compensation may be available to qualified participants for each completed visit (for time and travel).

For more information, please contact Medvadis Research at 617-744-1310

Are you a male 26 years old or older?

Do you have problems with ejaculation (release of semen)?

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BCT Boston Clinical Trials

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You may be able to take part in this study if you:

- Are 18 - 65 years old,
- Have been diagnosed with Major Depressive Disorder (MDD),
- Have been experiencing symptoms of depression for at least the past 2 months,
- Have been taking at least one antidepressant medication as prescribed but it is not helping you enough.

Additional criteria will be assessed by the study doctor.

The study lasts 15 to 22 weeks. Participants will receive either the investigational medication or a placebo (an inactive substance).

All study-related medications, office visits and examinations will be provided to you at no cost.

To learn more about the Depression Research Study call:
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COMPASS

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- be at least 18 years of age
- give written informed consent
- have moderate to severe facial redness due to rosacea

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If you are interested and would like more information about the study, please contact the following study clinic:

SkinCare Physicians
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Kathy Petrell
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DO YOU HAVE PSORIASIS?

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- **You must have plaque-type psoriasis the size of a quarter on both sides of your body**

Study length is approximately 12 weeks, with 3 office visits. Participants will receive all study-related evaluations and treatment at no cost

For more information about this trial or to see if you qualify,
please call (617) 636-7462
or email ndonovan1@tuftsmedicalcenter.org

Principal Investigator:
Alice B. Gottlieb, MD, PhD
Chair and Dermatologist-In-Chief
Department of Dermatology
Tufts Medical Center
Boston, MA

IS CHRONIC LOW BACK PAIN AFFECTING YOUR DAILY LIFE?

If you have moderate-to-severe chronic low back pain, you may qualify to be in a clinical research study of a pain relief study drug.

Local doctors are currently conducting a clinical research study of a study drug for people with moderate-to-severe chronic low back pain.

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Notices

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at home with metro

Factory 63 design challenge heats up

Contest announces semi-finalists tomorrow Sustainability meets function meets cool at this former shoe factory Check out the winning designs through March 31

Semifinalists' designs will be showcased at Factory 63 until the end of March.

Tomorrow at Fort Point's newest apartment block, Factory 63, the semifinalists will be chosen for the Design Museum Boston's Street Seats Design Challenge. The private event whittles around 170 international designers' blueprints for public seating to 20 semifinalists, who each receive a grant to make their designs for an outdoor installation around Fort Point Channel in April. Until then, the finalists' work, complete with QR codes, will be on display in F63's lobby Design Innovation Gallery.

The exhibition will be open to the public from Feb. 28 through March 31. With Factory 63 welcoming its first tenants this month, opening doors to the Innovation District's innovators is the icing on the cake for developers Gerding Edlen.

"This competition harkens back to the mission of the Design Museum Boston: to stop and pause and think for a second. That's how we work," says Matt Edlen, the director of development and acquisitions. "Hopefully, the seats will have people pause for a second and realize that design is all around them."

A love of design has made renovating Factory 63, a 36,000-square-foot former shoe factory, very interesting for Edlen, who is one of the Street Seats judges: "This building was a really unique opportunity to form a cool mix of art, design and technology, and have it coalesce into a community."

Green way of life

Gerding Edlen made itself a name in its native Portland, Ore., rising to become one of the nation's leading sustainable developers. And part of that ideal is sustaining a community.

"Sustainability is an ideology that's not just the components of a building," says Edlen, "it's about community as well. How the building functions within this design-oriented community was key to this project."

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Factory 63, 63 Melcher St., Boston, www.factory63.com

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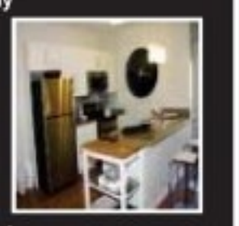

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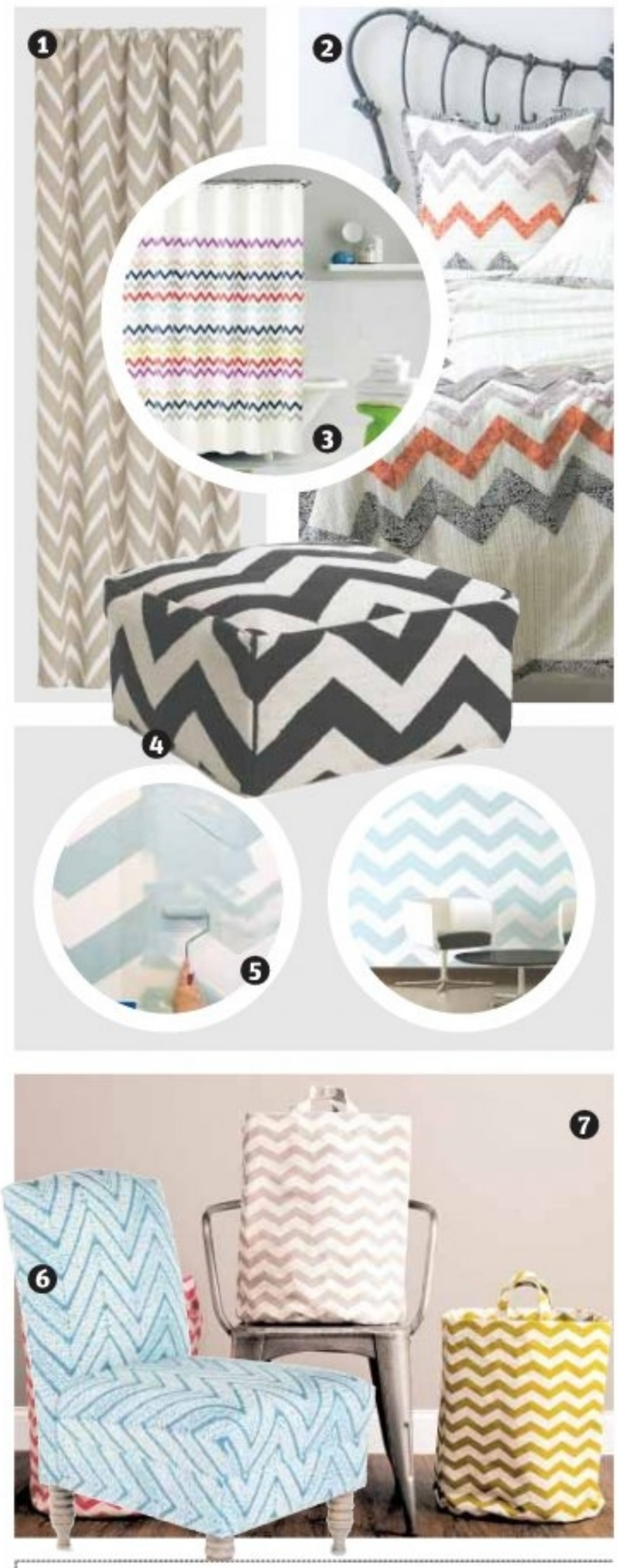
at home with metro

Continuing the chevron love

- The geometric print has been everywhere for the past two years — and the trend isn't slowing down
- Some of our favorite zigzag looks for the home



The products

1. **Crate & Barrel Teramo curtain, $90-$109 per panel,** www.crateandbarrel.com
2. **Kitami Collection by Fred Shand duvet cover, $228-$289,** www.anthropologie.com
3. **Kate Spade New York Brightwater Ave. shower curtain, $40,** www.bedbathandbeyond.com
4. **West Elm Zigzag Floor Pouf, $200,** www.westelm.com
5. **Cutting Edge Stencils Chevron Allover stencil, $32,** www.etsy.com
6. **Urban Outfitters Chevron Slipper chair, $498,** www.urbanoutfitters.com
7. **Lovell tall canvas bin-chevron, $90,** www.seejanework.com

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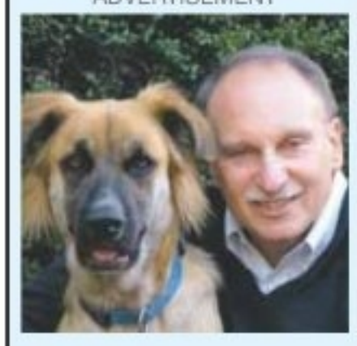

THE HOME INSPECTION TRAP

By Attorney George Warshaw

Professional home inspectors often unearth defects easily overlooked by the untrained eye. Don't pass on a home inspection before buying a house or condo just because it looks good or is newly built or renovated.

The inspection is usually conducted after the offer is accepted but before the purchase and sale agreement is signed. Nearly all preprinted offers contain "an inspection contingency" giving the buyer the right to cancel the purchase based on the results of the inspection.

Be careful how it's worded – there may be a trap.

Many of these preprinted forms only give the buyer the right to cancel if there are "serious structural or mechanical defects," whatever that means, or put a limit on the amount of repairs required that permit you to cancel; i.e., "negotiate."

That's not good enough in my view.

Don't hesitate to cross it out and simply make your offer subject to an inspection that is satisfactory to you. It's your offer – and your right to control how it's worded.

Be a smart buyer. Get an inspection before buying, and make it satisfactory to you – and if you're selling, consider hiring an inspector to flush out your problems before you put your home on the market.

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GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com.

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